

WARREN



"Jolly Rogers"

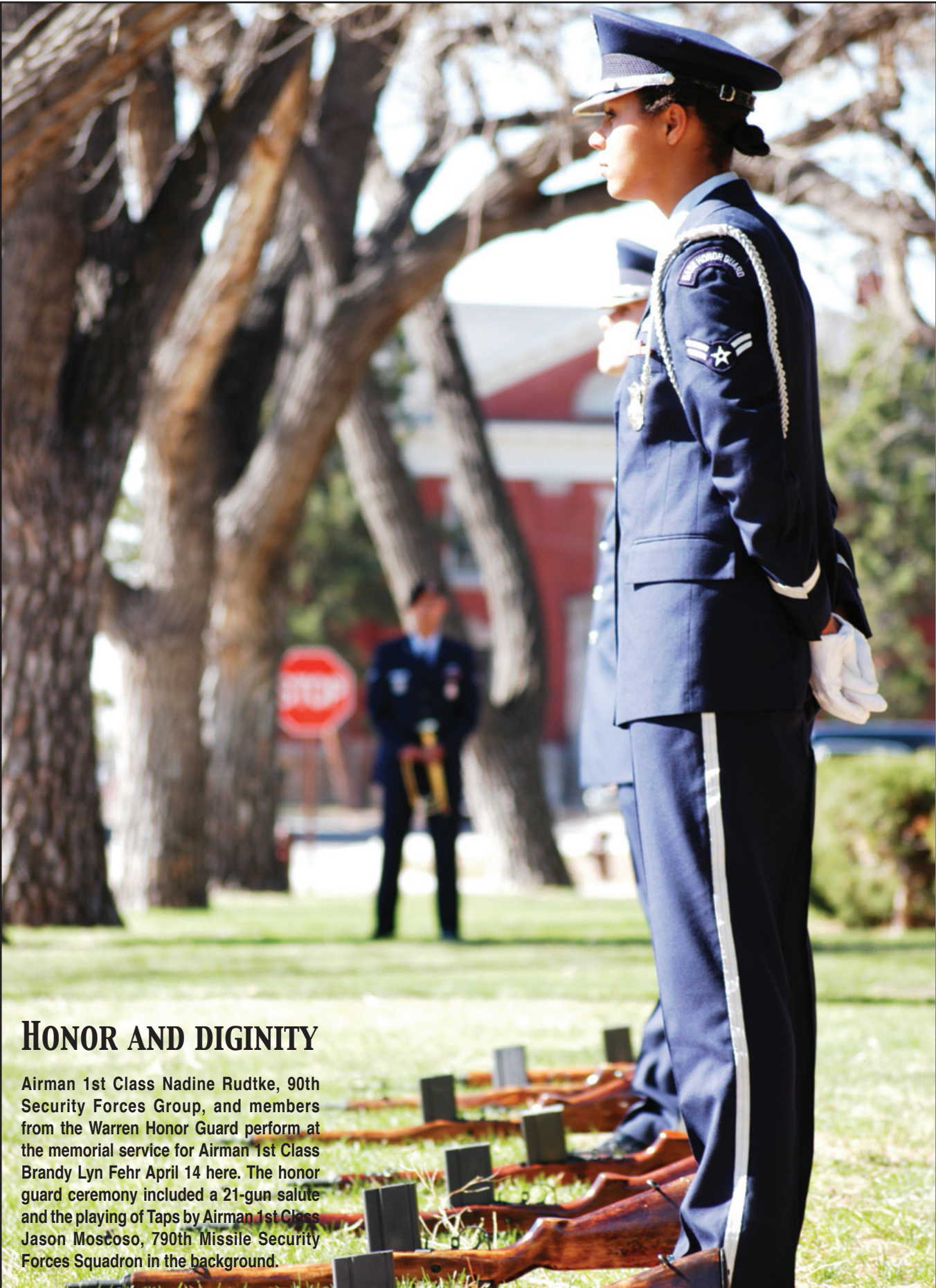
# SENTINEL

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April 21, 2006



## HONOR AND DIGINITY

Airman 1st Class Nadine Rudtke, 90th Security Forces Group, and members from the Warren Honor Guard perform at the memorial service for Airman 1st Class Brandy Lyn Fehr April 14 here. The honor guard ceremony included a 21-gun salute and the playing of Taps by Airman 1st Class Jason Moscoso, 790th Missile Security Forces Squadron in the background.



AFSPC CV  
attends space  
symposium

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Ret.  
CMSAF  
visits  
Warren

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It's easy  
being green at  
Warren



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Boxing  
exhibition



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# Commentary

## Half full or half empty What kind of glass are you?

**2nd Lt. Josh Edwards**  
90th Space Wing Public Affairs

How many times have you heard the old clichés “the glass is half full” or “the glass is half empty”? You’ve probably heard them more times than you care to remember. These phrases imply the type of attitude or outlook an individual has toward work, school, relationships or life in general.

I’ve always considered myself to be a “half full” kind of person. Maybe it was the way I was raised – to focus on the positive and not the negative – or the activities I participated in while growing up. When I ran cross-country for my high school, I was faced with the everyday adversity of a tough work-out or race, and always found a way to get through it and conquer my goals.

The “half full” mindset is not just learned over time, though. It is also a conscious choice we all make. When I found out during my last semester in ROTC that I was going to be stationed at Warren, a base I did not have on my “dream sheet” and had hardly even heard of, I immediately had to make a choice. I could choose to have the “half empty” mentality, with a poor attitude about not getting a location of preference and being stationed at a base where seemingly few people want to go. Or I could choose to have the “half full” attitude and embrace the reality of moving to Cheyenne and discovering all that the region has to offer.

Luckily, to my benefit, I chose the latter, and it has made all the difference in my life. At how many other Air Force installations can you be within a two hour drive of great hiking, skiing, camping, mountain biking, hunting, music venues, spectator sports and much, much more? I can’t imagine too many. My life has been en-

riched by taking advantage of the recreational opportunities presented to me just by living in the state of Wyoming. And I’ve only done or seen a small amount of the activities and locations I would like to before I PCS!

There are also great services at Warren designed for servicemembers to get the most out of their off-duty time if they don’t feel like driving anywhere. There are on-base sports programs for both children and adults. Easy access to all base activities is the weekly base bulletin and the services Web page, [www.90svs.com](http://www.90svs.com). If members would like to get away from the base and explore what the region, and they still don’t feel like driving, Outdoor Recreation even provides transportation to some of their events!

With the summer months approaching, it’s a good time for you to make the choice about what kind of outlook you’ll have about living in Cheyenne. I hope you choose the “half full” mentality, and make the most of your off-duty time. Whether it’s catching a concert at Red Rocks, volunteering with Cheyenne organization, hiking and camping in the Snowy Range Mountains, cheering on the professional bull riders at Cheyenne Frontier Days, or playing competitive intramural sports for your unit, this base and region has something for everyone. It’s up to you to get out and explore it.

## Street Talk

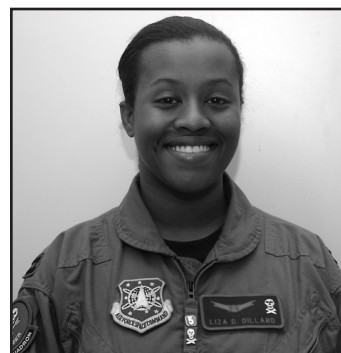
*Earth Day is Saturday. What do you do on a daily basis to help the environment?*



“I never litter.”  
- Senior Airman Megan Belanger, 790th Missile Security Forces Squadron



“At work, we make an effort to recycle cans and bottles from the Heritage Room.”  
- Airman 1st Class Chuck Davis, 37th Helicopter Squadron



“I recycle cans.”  
- Capt. Liza Dilliard, 320th Missile Squadron



“I like to garden, so I have a lot of shrubs, and I try to reuse plastics.”  
- Senior Airman Amber Quirarte, 90th Space Wing

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# Valuing diversity

## Enhancing the world's greatest air power

**Staff Sgt. Jermey Lawley**  
*90th Space Wing Military Equal Opportunity*

The Air Force and Department of Defense have policies in place that promote diversity among members and demands the usage of Airmen based on merit, skills, abilities and performance alone, not by the color of their skin, sex or national origin. These policies have helped the Air Force become one of the most culturally diverse organizations in the world.

To make the most of this strength we need to recognize and embrace the cultural differences that make up the Air Force, understand how cultural diversity plays an important role in strengthening an organization, and how diversity was effectively used in past endeavors by the military.

The Air Force is the first experience for many Airmen working and socializing with a diverse group of talented people. Although Airmen are from different areas, backgrounds and cultures, everyone is striving to achieve the same goal: protecting and sustaining the United States and its way of life through mission accomplishment.

Because of this, some want to use the "all I see is blue" theory: where everyone blends together under the auspices of the Air Force. This is a great idea to a point, but if one constantly and exclusively adheres to that notion they could potentially discard everyone's unique differences. This uniqueness is a great strength for the Air Force and could be, and has

**"ONE WAY TO TRULY EPITOMIZE THE CORE VALUE OF 'EXCELLENCE IN ALL WE DO,' AIR FORCE MEMBERS NEED TO EMBRACE THE DIFFERENCES AND UNIQUENESS OF ALL AIRMEN AND UTILIZE THEIR DISTINCTIVE SKILLS AND IDEAS."**

**- Staff Sgt. Jermey Lawley**  
*90th Space Wing Military Equal Opportunity*

been, used to create new ideas and different ways to solve problems and promote camaraderie. In turn we should respect and realize the differences of our Airmen and use their many talents accordingly. Everyone in the Air Force should come together for the common purpose of defending this country and way of life without losing their unique identity in doing so.

One way to truly epitomize the core value of "excellence in all we do," Air Force members (from junior enlisted to commanding officers) need to embrace the differences and uniqueness of all Airmen and utilize their distinctive skills and ideas.

Airmen from different geographic areas, ethnicities and age groups create a pool of knowledge that is unique and brings more to the table than any one group may possess.

To manage diversity correctly, the Air Force needs effective leaders that value ideas from individu-

als of various backgrounds and realize that utilizing diversity is an operational necessity.

The history of the military is full of significant contributions from minorities and diverse people. One of the most important examples is the Navajo code talkers. The military embraced this culture which was not only unknown to the rest of the world, but mostly unknown to the country it helped defend. The code talkers took part in every assault the Marines conducted in the Pacific from 1942 to 1945. At Iwo Jima, Major Howard Connor, 5th Marine Division signal officer, declared, "Were it not for the Navajos, the Marines would never have taken Iwo Jima." Another great example is the legendary Tuskegee Airmen. The Tuskegee Airmen were committed, unwavering young men who enlisted to become America's first black military Airmen, during a time when there were many people who thought black men lacked

intelligence, skill, courage and patriotism. They came from every section of the country and possessed a strong personal desire to serve the United States with their best ability, even though the country was not doing the same for them. The outstanding accomplishments of the Tuskegee Airmen in World War II is symbolized by 150 Distinguished Flying Crosses, 744 Air Medals, eight Purple Hearts, and 14 Bronze Stars that were all earned due to their proudly displayed skill and determination. If it were not for leadership that had vision and the fortitude to reach out and utilize the unique skills of these two underappreciated yet important racial groups, our military might not have been as successful in War World II. These are just two significant examples of many, that show how valuing and managing diversity correctly can lead to ground-breaking ideas and essential mission success.

If we embrace, manage, and utilize diversity and learn from past success we will enhance the world's greatest air power. Lt. Gen. Roger Brady, Air Force deputy chief of staff, Personnel, summed it up best by stating, "The United States Air Force, and the United States military at large, cannot afford to operate in any other way than to be respectful of cultural differences. We must respect each other and respect and understand our coalition partners who may be of different cultures. It's not only the right thing to do, it's an operational imperative."





Photo by Senior Airman Tessa Cubbon

## MEETING THE CHIEF

Chief Master Sgt. of the Air Force (ret.) Sam E. Parish, shakes hands with Senior Airman Anthony McClain, 90th Missile Maintenance Squadron, after talking to Airman Leadership School students April 14. During his visit, Chief Parish met with many Warren members and attended a dining-in at the Trail's End Club Saturday. He joined the Air Force in 1954 and served as Chief Master Sergeant of the Air Force from 1983 to his retirement in 1986.

# Lt Gen Klotz: AFSPC, industry must have 'unity of effort'

**1st Lt. Jennifer Whitaker**  
*Air Force Space Command Public Affairs*

**COLORADO SPRINGS, Colo.**

– The vice commander of Air Force Space Command addressed space professionals and industry leaders with a clear message: AFSPC is contributing to “unity of effort” in the space arena.

Lt. Gen. Frank G. Klotz spoke to an audience of nearly 1,100 at the Space Foundation’s 22nd National Space Symposium here April 6, outlining the command’s successes and support for current operations.

The general said “unity of effort,” which mirrors the symposium’s theme of “One Industry – Go for Launch,” requires coordination and cooperation among all forces toward a commonly recognized objective, regardless of whether the forces are part of the same command structure.

“That’s an apt definition,” he said, “but at the most basic level, we’re talking about people – people working together as a team. This fully-integrated team of active duty, reserve, guard, government civilians and contractors are delivering space effects to joint warfighters, as well as civil and commercial users, and we have every reason to be proud of them and

**“IT’S MORE IMPORTANT THAN EVER  
TO MAINTAIN OUR TECHNOLOGICAL  
ADVANTAGES IN SPACE AND IN THE USE  
OF SPACE CAPABILITIES AND SERVICES.”**

**- Lt. Gen. Frank G. Klotz**  
*Air Force Space Command Vice Commander*

of their service to our country.”

General Klotz discussed the successes the AFSPC team has enjoyed in the past year with the help of the command’s industry partners. He cited the successful launch of the last Titan rocket, an 11-for-11 launch record for the Evolved Expendable Launch Vehicle program, successful launch of the first Global Positioning System IIR-M satellite, deactivation of the Peacekeeper intercontinental ballistic missile and space support to hurricane relief on the Gulf Coast.

“While we’ve made good progress, there’s a lot left to accomplish,” the general said. “Towards this end, we are focused on our four strategic priorities...(which are) in line with the priorities of the Air Force...(and) the priorities of our combatant command, United States Strategic Command.”

In fact, General Klotz said, supporting combatant commanders is at the heart of everything AFSPC does. He pointed to the establishment of the Joint Space Operations Center at Vandenberg Air Force Base, Calif., and the matured concept of the Director of Space Forces as the first steps to advancing the command’s ability to fully support combatant commanders and the joint warfighter.

“It’s more important than ever to maintain our technological advantages in space and in the use of space capabilities and services,” General Klotz said. “In a sense, we’re approaching a crossroads in providing space combat effects to the joint warfighter. Just as we must – as a Nation – recapitalize and transform our aging air, land and sea forces to take advantage of new technology

and to preserve our superiority on the modern battlefield, we must also recapitalize and transform the space systems that are essential to meeting the demands that will be placed on warfighters in the future.”

General Klotz said the Nation’s ICBM force is a sometimes-overlooked responsibility that must be recapitalized and transformed, as the ICBM continues to be an integral part of the Nation’s strategic deterrent.

“For this reason, we’re absolutely committed to ensuring the Minuteman III ICBM remains an effective and viable weapon system at least through the year 2020,” he said. “Additionally, we completed our work on the Analysis of Alternatives for Land Based Strategic Deterrent, recommending an evolutionary approach to the replacement of the Minuteman III capability.”

Space must be integrated into all aspects of military planning and operations, both today and in the future, he said.

“I think the point is clear,” General Klotz said. “Air Force Space Command is one team working together within the national security space enterprise and with our industry partners to deliver space effects. If we’re going to succeed, it’s going to require ‘unity of effort’ and teamwork.”

## Briefs

### Summary courts notice

The 790th Missile Security Forces Squadron commander regrets to inform personnel of the death of Airman 1st Class Brandy Lyn Fehr. Any persons having claims against or in behalf of Airman Fehr should present same to 2nd Lt. Scott Simoneaux, summary courts officer at 773-4981.

### Housing survey

All base housing residents will be receiving a survey from a private contractor, CEL Associates, in late April or early May. This survey is intended to determine members' satisfaction with government housing. The surveys will help the Air Force identify strengths and weaknesses to make base housing the "preferred choice" for military members and their families.

Questions can be directed to the housing office at 773-5825 or 773-5814.

### Gate construction

Due to construction, Gate 1 will be down to one lane of traffic (both inbound and outbound) during the hours of 7:45 a.m. to 4:30 p.m. weekdays Monday through May 8. Gate 5 will be open 6 to 8 a.m. weekdays and Gate 2, which is the preferred gate for public usage, will be open 6 a.m. to 6 p.m. weekdays.

### 90 SFG spouses tour

The 90th Security Forces Group is hosting a tour for family members of the group Thursday. The first session is scheduled from 8 to 11 a.m., the second is scheduled for 3 to 6 p.m. A demonstration by the military working dogs, a missile trainer tour and a weapons display are included as part of the tour. The tours start in the commander's conference room of Building 34.

RSVP no later than Monday to Capt. Josh Lovett by e-mail at joshua.lovett@warren.af.mil or Charmaine Jamerson at cjamerso@earthlink.net.

### Freedom Spring Carnival

The annual Freedom Spring Carnival is scheduled from 5 to 8 p.m. today at Freedom Elementary. This fundraising event is open to everyone. It will be free to get in and participants may purchase \$1 and \$5 raffle tickets. Tickets can be purchased for games and food for \$1 for four tickets.

For more information, contact Freedom Elementary at 771-2305.



Photo by Senior Airman Tessa Cubbon

## EDUCATION FAIR

Second Lt. Jonathan Jordan, 90th Communications Squadron, learns about educational opportunities from Brenda Birkle, Sage Technical Service, during the education fair April 12 at the Warren Community Center here. The education fair brought representatives from 20 colleges and universities to provide information on degrees and certificates in a variety of majors and minors.

## HOLOCAUST DAYS OF REMEMBRANCE SCHEDULE OF EVENTS

- Base chaplain service Sunday to April 30
- Candle lighting ceremony 10 a.m. Monday at Building 212 (Chapel Activities Center)
- Storyboard displays, depicting chronology from forced deportations to mass slaughter, will be set-up at the base library, BX, commissary, fitness centers and Chadwell Dining Facility Sunday to April 30.
- A literature display, covering World War II will be displayed at the library Sunday to April 30.
- A retreat ceremony will be held 4 p.m. April 27 at the base flag pole.



## Construction Corner

### Road closure

Due to the installation of storm-sewer piping, sections of South Frontier Road will be closed Monday through Thursday. Areas affected by this will include parts of South Frontier Road near Fuel Road and parking lot access to Building 313. Dates are subject to change. For more information, contact Staff Sgt. Orlando Salas at 773-4095 or Tech. Sgt. Yong Kim at 773-4081.





Photo by 2nd Lt. Josh Edwards

## SCHOLARSHIP WINNER

Airman 1st Class Juan Perches (left), 90th Missile Security Forces Squadron and Make a Difference Crew Vice President, presents a \$200 scholarship check to Senior Airman Carlos Espinoza (right), 90th Security Support Squadron. Airman 1st Class Connor Elayan, 90th Space Wing Public Affairs, was also awarded a \$200 scholarship. Two scholarships are awarded every quarter. Applications are available at the Warren Education Center and MAD Crew meetings.

# Education, training key to success of SAPR

## April is Sexual Assault Awareness Month

Article courtesy Sexual Assault Response Coordinator office

Education and training are key to the success of the Department of Defense's Sexual Assault Prevention and Response Program. Training has been directed for all uniform members and civilians who supervise military members. It has been incorporated into all entry points to include the academies as well as leadership development and professional military education programs.

Standard training definitions for sexual assault and sexual harassment are cornerstones of the department's training program. These terms have been used interchangeably, perpetuating the gray area that surrounds

this topic and the confusion as to which actions constitute what offenses. Common definitions now create understandable expectations of how servicemembers are to continually apply the military services' core ethics and values to prevent assaults.

Pre-deployment training has also been directed. It will help protect servicemembers who deploy by providing refresher training on prevention techniques as well as identification of available support systems and resources. It also serves to inform them of the cultural mores of the country they are deploying to as well as any coalition partners they will be working with.

Also, the department has mandated pre-command training. This is critical as commander support

directly impacts the success of local programs. This training focuses on the distinct duties and responsibilities that enable commanders to establish an environment that prevents sexual assaults.

In addition to education, individual and institutional support is necessary to ensure prevention. Support for victims and support for an assault-free climate is critical. It is not acceptable to ignore the problem and consider it someone else's issue. The Warren Sexual Assault Response Coordinator office in conjunction with several Laramie County victim assistance agencies is sponsoring an event called "Giving Back the Night, Men Supporting a Woman's Right to Feel Safe and Live Without Fear." The event will consist of a five-block walk from the county

courthouse to the capital building. At the capital building there will be several speeches by community leaders and a release of balloons in support of victims. The purpose of this event is to promote sexual assault awareness and support an attitude of anti-violence against women and children. Men are responsible for a majority of the violence directed toward women and children. Men are encouraged to join the walk and take a stance of anti-violence against women and children. The walk will take place at 6 p.m. Wednesday. Any and all men who are interested in supporting this worthy event are encouraged to meet at the courthouse atrium at 5:45 p.m. Spouses and girlfriends who wish to walk with their partner are also invited.

For additional information, contact Capt. Ezra McSharry at 773-3483.

# Motorcycle safety course debuts here

## Military-member only class is free of charge

**Senior Airman  
Tessa Cubbon**  
90th Space Wing  
Public Affairs

A new military members-only motorcycle safety class debuted here Monday.

"Some members who purchase motorcycles are not really prepared for the dangers of two-wheeled transportation," said Anthony Janssen, 90th Space Wing Ground Safety Office. "On average, the Air Force loses 14 warriors every year in motorcycle mishaps. Motorcyclists just do not have

the same level of protection as automobile drivers, so simple mistakes on motorcycles can often lead to fatal consequences."

Military personnel operating motorcycles must complete a Motorcycle Safety Foundation-approved course before they can operate a motorcycle, motor scooter or moped. Military personnel must complete this requirement whether riding on or off base, on or off duty.

This on base class consists of one day of class room training and two days of practical performance.



Photos by Senior Airman Tessa Cubbon

**Students of the Basic Rider Course learn safety technics here Tuesday. The free, three-day class is one day of classroom learning and two days of practical training. It began Monday and is the first of its kind at Warren.**

"No one rides—period—until they've taken [our] course," said Gary Widup, Wyoming Department of Transportation.

"It's the first Air Force-only class here," he said.

Mr. Widup has been teaching motorcycle safety in Wyoming for 13 years. He is also an instructor trainer.

DAF/NAF civilians, military dependents and contractor personnel operating motorcycles on Department

of Defense installations are highly encouraged to complete either the basic or advanced course. Because the course is offered on base for free, members are encouraged to take advantage of this offer. The 90 SW Safety Office schedules this training from May through October and offers it free of charge.

In the past, Wyoming Department of Transportation held three slots open in their motorcycle safety classes for military members.

Airman 1st Class Craig Reece, 90th Missile Operations Squadron, said he has definitely benefited from the basic motorcycle safety course.

"I've learned quite a bit," he said. "Everyone should have this course."

Another class is scheduled to be held May 15.

For additional information on courses or motorcycle safety requirements contact Mr. Janssen, at 773-2430.



**A Warren motorcyclist practices safe motorcycle handling during the Basic Rider Course here Wednesday. The next free course is May 15.**

# Ten ways to volunteer on and around base

## Easy, breezy and not at all cheesy

**Capt. Nicole Walters**  
*90th Space Wing*  
*Public Affairs*

1. Donate blood. Blood drives are held once a month on base at the Warren Chapel Activity Center. By just kickin' back and relaxing, you can save up to three lives. Oh, and there are free beverages and snacks. The next blood drive is May 16 and 17 from 10 a.m. to 4:15 p.m. at the Warren Chapel Activity Center.

2. Meals on Wheels delivers meals to folks who can't get out of the house or can't afford a good meal. For more information, contact Tech. Sgt. Mike "Show" Schoenberger, 90th Operations Group, at 773-3267.

3. Cheyenne Animal

Shelter. The Cheyenne Animal Shelter is always looking for volunteers to help give hugs and quality time to the cats, dogs, hamsters, ferrets and other furry ones who are currently homeless. If you are up for a party, the annual fundraiser is April 29. It's called 'The fur ball: cough it up for the animals.' Contact Rhonda Heinsoth at 632-6655 to volunteer.

4. Tutoring. Education and training services is looking for volunteers with strong skills in mathematics and/or English composition to provide one-on-one tutoring assistance. If you are able to spend 2-3 hours a week helping a fellow Airman achieve his or her educational goals, they would like to add your name to the on-call

list of tutors. Contact the education advisor, Rebecca Schlecht, by phone at 773-4893 or e-mail [rebecca.schlecht@warren.af.mil](mailto:rebecca.schlecht@warren.af.mil).

5. Living Legends. This is the hot, up-and-coming volunteering opportunity. You get to wear a preserved uniform and discuss what the person who wore it did in the military. The Legends are getting fan mail from across the country and other bases are looking to copy Warren's pioneer program. Master Sgt. Brian Gabel, 90th Operations Support Squadron can give you more information. Just call 773-2929.

6. Make a Difference Crew, NCO Council, CGO Council, Top 3. Yes, your comrades need you. Find friends, discuss issues and have a blast doing it. The POCs are: Senior Airman Monica Wong (773-4114) for the Mad Crew, Tech. Sgt. Michael Silva for the NCO Council (773-3406), 1st Lt. William Hassey for the CGO Council (773-

4930) and Senior Master Sgt. Yvonne Miller for the Top 3 (773-6668).

7. Warren Spouses' Club. The WSC has events every month, including the May end of the year appreciation event, which includes volunteer recognition and scholarship awards. To join the WSC, or to volunteer to be a part of the annual Historic Homes Tour during Fort D.A. Russell Days, contact Cindee Leonard at 632-7844. To volunteer at the Thrift Shop (proceeds benefit WSC scholarship fund) contact Julie Bliesner at 638-4720.

8. The museum. Paula Taylor and Larry Sprague have created an impressive collection that is the envy across the Air Force. The museum features Warren's history, people and an extensive ICBM mission collection. Be part of the preservation: reach the museum at 773-2980.

9. Military on Bikes. From Harleys to Yamahas, you'll find cool people who

like to ride. Their mission is to establish and maintain a spirit of comradeship and esprit de corps that will enhance the prestige of all motorcycle riders, encourage on-going rider education and skills development, and reduce the potential of motorcycle mishaps. Volunteers promote safe motorcycle practices and provide an example of responsible riding to other motorists on the road. They are planning a motorcycle show in May. The next MOB meeting is 2 p.m. today at the bowling center. Contact Staff Sgt. Chad Quin at 773-5153 or Master Sgt. Sean Cope at 773-4291.

10. Volunteer to help out with Asian Pacific Heritage Month. The Asian Pacific Heritage Month events are always well attended by Airmen. The food is great, and the committee knows how to throw a party. 1st Lt. Maura Sillas, 90th Military Equal Opportunity officer can give you more information at 773-6059.



# Saturday night fight

## Warren boxing team holds exhibition



Photos by Senior Airman Tessa Cubbon

Above: Airman 1st Class Kurtis Buenting (left), 90th Maintenance Operations Squadron, and 1st Lt. Rodney Ellison (right), 319th Missile Squadron, land punches during the boxing exhibition April 14 at the community center here. Upper left: Airman 1st Class Martin Wallace, 90th Contracting Squadron, prepares for a fight. Left: Airman Buenting offers a drink to a boxer between matches.



# Dental guards help protect teeth during sports

**Senior Airman Jaylon Sybert**  
90th Medical Operations Squadron

Spring is here and the summer sports and recreation season is upon us. A factor to consider when participating in sports and recreational activities is safety and protection.

A piece of safety equipment often overlooked is a dental mouth guard. The American Dental Association recommends that anyone participating in an activity that has any risk of trauma to the mouth wear a sports guard.

Mouth guards are used most often in high contact sports, particularly football, boxing, ice hockey, lacrosse, and field hockey, as well as gymnastics, baseball, rollerblading and soccer. Sports guards help cushion blows that may cause broken teeth and injuries to the lips, tongue, face or jaw. They may also reduce the severity of concussions.

According to the National Youth Sports Foundation, dental injuries are the most common type of injury sustained during the participation of sports. These injuries can be avoided or minimized with the use

of a sports guard.

"It's a very simple, easy way to prevent tooth trauma, fracture or concussion. Prevention is the best medicine," said Capt. (Dr.) Dan Greenhalgh, 90th Medical Operations Squadron general dentist.

The base dental clinic is available to make sports guards by appointment. Everyone participating in intramural activities is highly encouraged to have one. Once made, they can last for several years.

"Sports guards are easy to make and custom made sports guards are better, naturally, than stock sports

guards because they conform to your teeth and are not as bulky, allowing you to breathe and talk without a lot of interference from the sports guard," said Senior Airman Muneeb Mohammed, 90 MDOS dental laboratory technician.

The base dental clinic is scheduled to have a "Sport Guard" day from 1:30 to 4:30 p.m. Monday. The dental staff will be able to make custom sports guards for active duty, guard, reservists, dependents and retirees. The sports guards will be available for pick up later that same day.

# Back from Iraq

## NCO speaks on deployment, dangerous convoys

*Tech. Sgt. Jason Cook, 90th Logistics Readiness Squadron, recently sat down with Senior Airman Tessa Cubbon, 90th Space Wing Public Affairs, to talk about being a convoy commander, respect and his new outlook on life.*

### What do you do at the 90th Logistics Readiness Squadron?

Right now I'm the vehicle operations supervisor.

### Describe your typical work day:

Actually it's pretty laid back; I supervise all of the functions of vehicle operations. I make sure that whatever needs to get done gets done. We're responsible for making sure all the missileer vehicles are prepped and ready to go out to the field on a daily basis.

### What's the best part about the Air Force?

The friendships throughout the Air Force that I've made.

### Why do you think you were nominated to be in the 90 Seconds of Fame?

I just got back from being a convoy commander in Iraq.

### Where were you stationed?

Logistics Supply Area Anaconda, that's what the Army called it. The Air Force calls it Balad Air Base, Iraq.

### What does a convoy commander do?

He's responsible for the overall operation of every convoy that leaves any operating base in Iraq. He's responsible for any engagements like direct

fire [and decides] whether you return fire or not. He's responsible for making sure ... you're following all your tactics, techniques and procedures and the overall safety operation of the convoy.

### What are the convoys like?

Typically I ran with five gun trucks, and each gun truck had a specific job within the convoy. We were escorting approximately 20 Kellogg, Brown and Root Services Inc. employees (they're the civilian operators that operate the tractor trailers in Iraq) and the Army tractor-trailer operators. We provided security for them. A typical day could be a four to five-hour run to a base. I think the longest mission I went on was a 60-hour mission.

### How often did you do convoys?

I probably worked three or four a week, depending on the length of the convoys and how many days it took me to get to and from wherever it was I was going.

### How long were you in Iraq?

I left here [for training] July 3, 2005, we got in to Iraq Aug. 24, (2005) and got back here Feb. 2. Jan. 10 was my last convoy [because] I got hit by [either an] IED that actually went off or a large pot hole in the road [the incident is still under investigation] and I sustained a back injury, and then I didn't go on any more convoys.

### What did the training consist of?

It started out as basic combat convoy course in



Photo by Senior Airman Tessa Cubbon

**Tech. Sgt. Jason Cook, 90th Logistics Readiness Squadron vehicle operations supervisor, checks the fluids on a missileer vehicle in order to ready it for a trip to the field. The 16-year veteran recently returned from a deployment to Iraq where he worked as a convoy commander.**

San Antonio. They started with our weapons training and from there [they] went through the basics on how to run a convoy. From there we went to Fort Sill, Okla., then Udairi Training Range, Kuwait, and then we went in to Iraq. And with each progression in the training, they taught us just a little bit more. At Fort Sill, we got all of our weapons training. When we went to Udairi Range, it was our weapons training with a live-fire convoy training scenario.

### What were you looking forward to most when you got home?

Just settling back into a normal life is what I was looking forward to.

### What was the biggest difference between the states and Iraq?

Other than dodging IEDs and being shot at and that kind of stuff, [War-

ren has] the slower pace. There's more paperwork to do and taking care of the day-to-day operations here, whereas in Anaconda, I was in the middle of things.

### What's the biggest honor you've ever had?

The biggest honor I've ever had -- other than my son being born and being able to call myself his dad -- would be the respect my crew gave me in Iraq. They'd tell me I was the best convoy commander they'd had. Even people from other from units said they really respected the way I ran a convoy - and coming from the Army, that's a big compliment.

### Who's your hero?

Definitely the vehicle operators who have gone over there or are still over there and performing convoys on a day to day basis. I have a new outlook on life since I've been back from Iraq

and I don't think I have one hero [anymore].

### What are some other activities you participate in?

Right now I'm the squadron representative for the Air Force Assistance Fund.

### What's your favorite part about Warren?

I like the wildlife on base and Cheyenne Frontier Days is fun. I enjoy it.

### Where are you from originally?

Texas.

### What do you hope to do with your life?

I've only got about four years left [in the Air Force]. I'm hoping to retire as a master sergeant. I plan on retiring at 20 [years], and after that I'm hoping to move on and up in the ranks of refereeing [as a] college and professional referee.

This page is reserved to recognize outstanding Warren members.  
To nominate, e-mail [sentinel@warren.af.mil](mailto:sentinel@warren.af.mil).



Archery range

The community center staff has recently opened an archery range annex in Building 313. Those interested in using the range must have their own equipment and take a certification class. Experienced archers can take the basic certification class for \$10 and those with little or no experience are required to take the instructional certification class for \$25. To schedule a certification class call 773-3510. Once certified, the range is available by key check-out from the community center.

New provider class

A free new provider orientation class is scheduled for May 8 to 12. All military spouses ages 18 and older interested in providing child care are invited. Pick up an orientation packet from the family child care office and turn in all paperwork by May 3. For more information, call 773-3317.

Club scholarships offered

For the tenth consecutive year, Air Force Club Membership is helping members and their families combat the costs of higher education. Six individuals will be selected to receive a combined total of \$25,000 in scholarship money given away in the Air Force Club Membership Scholarship Program. To enter, just write and submit an essay of 500 words or less on this year’s topic - “Proud to be an American.” Stop by the club and pick up an entry form today. For more information, call 773-3048.

Argo Gold Mine trip

Outdoor recreation is hosting a trip to the Argo Gold Mine near Idaho Springs, Colo., April 29. The tour will include extensive mine history and demonstration in crushing, milling and rock drilling. The trip costs \$19 for adults, \$13 for children ages 7 to 12 and \$8 for children under 7. Transportation and admission to

Argo is included. The trip is scheduled to depart outdoor recreation at 7 a.m. and will return approximately 4 p.m. For more information, call 773-2988.

Free used vehicle inspection

Save \$26 and get a free used vehicle inspection during the month of April at the auto skills center. This special is limited to one car per person. Call 773-3869 for an appointment.

Ladies Golf Association

Ladies interested in playing in the Ladies Golf Association this summer are encouraged to attend a registration meeting 9 a.m. Monday at the Warren Golf Club. For more information, call 773-3556.

Chadwell birthday meal

Chadwell Dining Facility will host a special birthday meal at 5 p.m. Monday for eligible patrons, senior airmen and below, whose birthdays

are celebrated in January, February or March. Sign up with your first sergeant. For more information, call 773-3838.

Hip Hop All Nighter

The Trail’s End Club is having a Hip Hop All Nighter 9 p.m. to 3 a.m. Saturday. The cost is \$2 for club members and \$5 for nonmembers. DJ Ice will perform. For more information, call 773-3048.

Farewell luncheon reservations

Have your farewell luncheon at the Trail’s End Club and the honoree is free. All walk through lunches must not exceed 30 people but more than 10 people for the guest of honor to be free. For more information, contact the catering department at 635-8202 or 773-3048.

Mongolian night

The Trail’s End Club is scheduled to have a Mongolian night from 5 to 7 p.m. Thursday. The cost ranges from \$7.95 to \$12.95. A

child’s plate costs \$4.95. Reservations are recommended. For more information, call 773-3048.

Youth Space Camp

Do you have the Right Stuff? This is the question the Air Force is asking 12 to 18 year old DoD dependents. The space camp is held July 30 to Aug. 4 at the U. S. Space and Rocket Center in Huntsville, Ala. Interested youth, teens and parents can learn more about the program and pick up an application at the Warren Youth Center. The application deadline to the youth center is noon on Monday. For more information, call 773-2564.

Children’s story time

Story time is held every Friday at 11 a.m. at the base library. Today - National Wildlife Week April 28 - National Arbor Day For more information, call 773-3416.





Courtesy photo

## JUNIOR PHOTOGRAPHER

Alana Galipeau shows off her winning photograph from the youth center photography contest March 30. Alana won in the under 9 age group, Juan Despain was the winner for ages 10 to 13, Ashley Ochiltree won in the 13 to 16 age group, and Kristen Ochiltree was the winner for the 16 to 18 year olds. Cindy Green and Justin Nestorick, 90th Communications Squadron Visual Information, served as judges.

## Education briefs

### Troops to Teachers

If you have considered teaching as a second career, the Troops to Teachers Program can provide assistance in making the transition.

For more information, contact the education center at 773-2117.

### Attention AMU students

Richard McMullen, education coordinator for American Military University is scheduled to be available 10 a.m. to 2 p.m. Wednesday in Room 28 of the education center.

### Attention UOP students

A University of Phoenix representative is available from 1 to 3 p.m. Mondays at the education center to meet with students enrolled in UOP programs.

### Strong and MBTI available

The Strong Interest Inventory and Myers Briggs Type Indicator are available to take through the Warren Education Center. For more information, contact Sharon Edwards at 773-4889.

### Need a tutor?

The education center staff has compiled a list of tutors available for active duty students enrolled in college courses. Those interested in obtaining the assistance of a tutor, call the education center at 773-2117.

### Commissioning workshop

The education center is presenting a commissioning workshop at 2 p.m. May 9 at the education center, Room 24. Presentations will include AFROTC programs, Officer Training School and the Air Force Academy and prep school.

To register for the workshop or for more information on commissioning programs, call 773-2117.

## Commanders Access Channel 19

EVENT	TIME
Base Advertising	12 to 12:30 a.m.
Pentagon Channel	12:30 to 3 a.m.
Base Advertising	3 to 3:30 a.m.
Pentagon Channel	3:30 to 5 a.m.
Base Advertising	5 to 7:01 a.m.
Peacekeeper Deactivation Video	7:01 to 7:06 a.m.
Base Advertising	7:06 to 8 a.m.
Pentagon Channel	8 to 9 a.m.
Base Advertising	9 to 9:01 a.m.
Peacekeeper Deactivation Video	9:01 to 9:06 a.m.
Base Advertising	9:06 to 9:30 a.m.
Pentagon Channel	9:30 to 12 p.m.
Base Advertising	12:00 to 12:01 p.m.
Peacekeeper Deactivation Video	12:01 to 12:06 p.m.
Base Advertising	12:06 to 12:30 p.m.
Pentagon Channel	12:30 to 3 p.m.
Base Advertising	3 to 3:01 p.m.
Peacekeeper Deactivation Video	3:01 to 3:06 p.m.
Base Advertising	3:06 to 3:30
Pentagon Channel	3:30 to 5 p.m.
Base Advertising	5 to 5:01 p.m.
Peacekeeper Deactivation Video	5:01 to 5:06 p.m.
Base Advertising	5:06 to 5:30 p.m.
Pentagon Channel	5:30 to 7 p.m.
Base Advertising	7 to 7:01 p.m.
Peacekeeper Deactivation Video	7:01 to 7:06 p.m.
Base Advertising	7:06 to 7:30 p.m.
Pentagon Channel	7:30 to 9 p.m.
Base Advertising	9 to 9:30 p.m.
Pentagon Channel	9:30 p.m. to 12 a.m.

Tune in for the latest base information

**SCHEDULE**

